



WHATSheATE



## Crispy Butternut Wontons with Spicy Tomato Sauce

READY IN



45 min.

SERVINGS



8

CALORIES



192 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- ☐ 1 bay leaf
- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1.5 pounds butternut squash
- ☐ 14.5 ounce canned tomatoes whole undrained chopped canned
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 2 tablespoons breadcrumbs dry
- ☐ 1 large eggs lightly beaten

- ☐ 1 garlic clove minced
- ☐ 0.1 teaspoon ground nutmeg
- ☐ 1.5 cups leek thinly sliced ( 2 medium)
- ☐ 1.5 teaspoons olive oil
- ☐ 1 strip orange rind (3-inch)
- ☐ 3 tablespoons parmesan cheese fresh grated
- ☐ 0.5 cup ricotta cheese
- ☐ 0.1 teaspoon sea salt
- ☐ 0.3 teaspoon sea salt
- ☐ 1 tarragon sprig fresh
- ☐ 0.5 cup water
- ☐ 1 teaspoon water
- ☐ 24 wonton wrappers

## Equipment

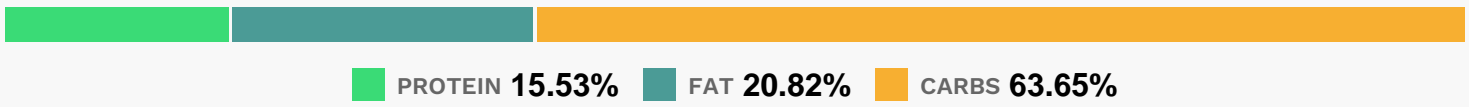
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ baking pan

## Directions

- ☐ To prepare sauce, heat oil in a large nonstick skillet over medium heat.
- ☐ Add leek and garlic; cook 8 minutes or until tender (do not brown), stirring frequently. Increase heat to medium-high.
- ☐ Add red pepper and next 6 ingredients (red pepper through tarragon); bring to a boil. Reduce heat to low; simmer 15 minutes or until thick. Discard rind, bay leaf, and tarragon.
- ☐ Preheat oven to 37
- ☐ To prepare wontons, cut the squash in half lengthwise; discard seeds and membrane.

- ☐ Place the squash halves, cut sides down, in a 2-quart baking dish; add 1/2 cup water.
- ☐ Bake at 375 for 45 minutes or until squash is tender when pierced with a fork; cool. Scoop out pulp to measure 1 cup, and reserve the remaining pulp for another use.
- ☐ Combine 1 cup pulp, ricotta, and the next 5 ingredients (ricotta through nutmeg), stirring until well combined.
- ☐ Combine 1 teaspoon water and egg, stirring with a whisk. Working with 1 wonton wrapper at a time (cover remaining wrappers with a damp towel to prevent drying), spoon about 2 teaspoons squash mixture into center of each wrapper.
- ☐ Brush edges of dough with egg mixture; bring 2 opposite corners together. Press edges together to seal, forming a triangle. Repeat procedure with remaining wonton wrappers and squash mixture.
- ☐ Place the wontons on a large baking sheet coated with cooking spray, and brush lightly with remaining egg mixture.
- ☐ Bake at 375 for 17 minutes or until golden and crisp.
- ☐ Serve with the sauce.

Nutrition Facts



Properties

Glycemic Index:44.75, Glycemic Load:1.95, Inflammation Score:-10, Nutrition Score:17.102608789568%

Flavonoids

Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 191.92kcal (9.6%), Fat: 4.63g (7.12%), Saturated Fat: 2.04g (12.76%), Carbohydrates: 31.83g (10.61%), Net Carbohydrates: 28.23g (10.27%), Sugar: 5.04g (5.59%), Cholesterol: 34.46mg (11.49%), Sodium: 384.49mg (16.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.76g (15.52%), Vitamin A: 9576.02IU (191.52%), Vitamin C: 25.12mg (30.44%), Manganese: 0.55mg (27.36%), Vitamin B1: 0.28mg (18.77%), Selenium: 12.54µg (17.92%), Folate: 67.79µg (16.95%), Vitamin B3: 3.15mg (15.76%), Potassium: 538.42mg (15.38%), Iron: 2.75mg (15.3%), Vitamin E: 2.24mg (14.95%), Calcium: 144.9mg (14.49%), Fiber: 3.59g (14.38%), Vitamin B6: 0.29mg (14.28%), Magnesium: 53.79mg (13.45%), Vitamin B2: 0.21mg (12.47%), Phosphorus: 124.01mg (12.4%), Vitamin K: 12.57µg (11.97%), Copper:

0.23mg (11.5%), Vitamin B5: 0.67mg (6.68%), Zinc: 0.81mg (5.41%), Vitamin B12: 0.14µg (2.4%), Vitamin D: 0.17µg (1.1%)